

ACTIVITY	CORE learning (Minimum of 30 hours to be logged IN TOTAL)	Non-core learning (to make up to a total of 60 hours minimum)	NOTES
LEP F1 teaching programme Direct Training	YES	NO	The Personal Learning Log (PLL) is a record of the FDs non-experiential learning. These should include simulation and as many of the other Core Topics as possible. LEPs should aim to allow F1 doctors up to three hours per week to attend core teaching and for non-core teaching/learning. F1 doctors are required to log a minimum of 30 hours of core learning by the time of their ARCP*
F1RST Direct Training	YES	NO	Additional virtual F1 core teaching offered by LEPs or by individuals, over the whole region (Radiology teaching is kicking off on 17.08.21 at 12:30 – please see NIMDTA website Foundation training page)
FLIGHT Mandatory for all F2s Direct Training	YES	NO	NIMDTA F2 Core teaching covering the core topics (except Module 9: GMC and Professionalism, which is non-core) totals more than the required 30 hours (approx. 45 hours).
Any simulation training (F1/F2) Direct Training	YES	NO	F1s and F2s can attend the same session and this is core learning time for both grades. There is no set amount of simulation to be logged, but all FDs must do some, and it is required as evidence for FPC2 at a minimum. Simulation evidence can also be linked to FPC 6, 8 and 10.
All SLEs: MiniCEX; DOPs; CBD; LEARN; LEADER; DCT Experiential learning	NO	NO	SLEs are Experiential learning All other learning is logged in the Personal Learning Log (PLL) and is non-experiential learning i.e. Direct training and Self-development
Non-core teaching Xray meetings Journal clubs Teaching for mixed grades of doctors; M and M; MDTs; peer RV; Departmental teaching;; Grand Rounds etc	NO	YES	Non-core teaching is teaching that is not Foundation specific, and can be logged as <i>non-core learning</i> . A brief note should be added to justify inclusion where this is not self-evident.
Reading and writing Reflections that show 'internalisation' of material relevant to FPCs Self development	NO	YES	Personal reading and reflection can also be counted as <i>non-core learning</i> , and can be included in the target of three hours per week for teaching for F1 doctors in the Foundation PQ report.
Online modules pertinent to the FPCs including SCRIPT and e-LfH* Self development	NO*	YES	For all F1 doctors, there is a target of 3 hours per week in which they should be facilitated to attend teaching (one of the items asked about and reinforced by the PQ work). This time can also be used for self-development activities such as e-learning and personal reflection. SCRIPT is not Foundation specific.
Induction Not training	NO	NO	This is a Trust contractual and safety obligation and is not part of Foundation training
Named courses: ILS; ALS; ALERT; ATLS If F2, then S/L to attend Can link as evidence to FPCs	NO	NO	ILS (F1) and ALS (F2) in particular are to be encouraged but are not mandatory. They are very useful pieces of evidence which can be linked especially to FPC2, but not part of the Direct Teaching 60 hours. The ALS will continue to be supported by funding from NIMDTA

*As the new curriculum mandates Specific Areas of Core Learning, and the e-LfH modules have been mapped exactly to these topics, the NIFS will permit ES discretion to count as core learning for F1 doctors, up to 5 of the 15 core topics in e-LfH modules. There should be good reason that the F1 doctor has been unable to attend the specific LEP or F1RST core teaching session for any e-LfH module submitted as summative evidence.
Version 1: Please note that the guide will be updated as required